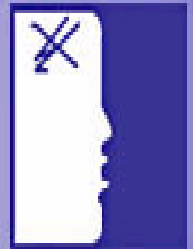




Systematic Stress Management

The Proven Way to Relax



understanding
stress

stress
management
at work

type a & b
behavior
patterns

relaxation
training

thinking
differently

communication
and
stress

time
management

Navy Systematic Stress Management
is available at

www-nehc.med.navy.mil/hp